

## Come & Try! Creative Peer Space

Come along to follow a planned creative activity or use the art and craft supplies available to work on your own thing.

Writing, craft, knitting and all forms of expressive creativity are welcome. A fun space to connect with peers and perhaps discover a new hobby or meet others with similar interests.

The group will be facilitated by the Lived Experience Project Officer - Jess.

For: People who have a lived experience of BPD

When: Wednesday 8 March 3.00 - 4.00pm

Where: BPD Co, Level 1, 100 Greenhill Road, Unley

Registration essential as places are limited:

https://creative-peer-space-8mar.eventbrite.com.au

Please note: This is not therapy or designed to provide mental health/crisis support, if you require assistance, please follow up with your GP or mental health worker.

If you are unable to secure a ticket for this event, check out our <u>website</u> for upcoming sessions and groups.

For further information, please contact Jess on 7425 6500.

